

FOOTBALL WEST presents

SAP MODEL SESSION WORKSHOPS

SAP WORKSHOP 1: Running with the Ball on **Monday 26th May** 2014 from 5.00 to 6.30pm

SAP WORKSHOP 2: 1v1's on **SATURDAY 14th June** 2014 from 10.00 to 11.30am

WORKSHOP 3 (First Touch) and WORKSHOP 4 (Striking the Ball) will be conducted in term 3 and dates to be confirmed. All workshops conducted at Celebration Park in Balga (Rochester Circle, Balga).

RSVP to jessine.bonzas@gmail.com by Monday 19th May 2014 including your name, club and the team junior girls team that you currently coach. We would prefer you attend all workshops but understand that coaches may only be able to attend some. Feel free to contact me for any other queries or details.

Benefits to the Coach, Club and your Players:

- ✓ Introduce the FFA Skill Acquisition Program (SAP) and the 4 core skills
- ✓ Share practices you can use in your training sessions
- ✓ Outline the coaching points for each core skill
- ✓ Share other resources to assist you plan your season and training sessions
- ✓ Opportunity to network with other junior girls coaches and share ideas
- ✓ For your players it will give them the technical (skill) foundation to master the game

